



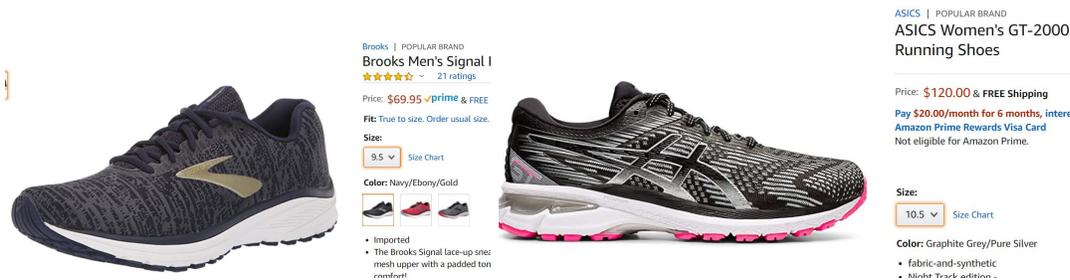
## Cross Country Gear

It is not mandatory to buy anything to participate in Cross Country, other than good shoes and comfortable clothing to train. That being said, we strongly suggest a few items to buy when joining and we have some other gear that the kids really like.

**Note:** For track in the spring, most of the items will work for both seasons except for the singlet (top), which is a different uniform. Also, we don't change uniform items often. The singlets and sweats have been the same for 6 years now, and we don't plan to change them.

### Shoes \$70-\$160

You will need very supportive training shoes like one of the two options shown on Amazon. Often, a runner may go through a new pair for each season of the year: summer, fall, winter, spring. Another VERY good option is to have two pairs at a time, so they last longer and give you options (long run shoes, shoes for intervals and tempo runs for example)



You may want to go try shoes (or racing flats) at our Shoe night at Road Runner Sports, and purchase them there or go find the same model online. Of all the areas to invest in, this is at the top for keeping you in your best shape!

### Singlet (tank top for competitions) \$25-\$30



**Racing Shorts** ~\$30

We want you to buy our adidas shorts from the online store so they will be identical for the whole team. If you buy a different pair of black shorts, please try to make them look as close as possible...

**Black Sweat Pants** ~\$20-\$30

You can choose from our Adidas sweat pants, or any that are plain black

**Watch:** You will definitely need a watch to be able to time yourself during all practices. You can find one that works fine for less than \$20. GARMIN makes the top gps watches that tell you how far and how fast you run, and these start around \$140.

**Racing Flats** \$30-\$100

It is fine to race in your training shoes, but many athletes see a significant difference when they have light weight racing shoes like these for cross country. You can wear them for track, but you can't wear track shoes for cross country:

**Socks**

Everyone will race in black socks. This helps us look better and avoid the "crazy" socks

**Other Gear**

Each runner will get our team t shirt for free at the start of the season. There will also be sweat shirts, jackets, bags, hats and other items available to buy online in the early season

Always contact me if you need help: [robertputnam@vistausd.org](mailto:robertputnam@vistausd.org)